



## COMPETITIVE EVENTS – WHAT IS RIGHT FOR YOU?

### Health Science Events

Event	What?	Who?
Medical Terminology Dental Terminology	These events are online tests. They include 100 questions. The event guidelines contain resources to help the HOSA member in deciding what to study.	Do you do well on tests? Do you like to study and learn the facts? Can you copy your existing knowledge to new information in order to figure out the answer?
Medical Spelling Dental Spelling	Both events are like a traditional spelling bee. Competitors must correctly spell a randomly selected word. Round One is an online test.	Are you a naturally good speller? Are you cool and able to think under pressure? Are you willing to study and learn medical or dental terms, and all the root words, prefixes, and suffixes?
Medical Math	Competitors learn the conversion table in the event guidelines and then solve math problems to complete a 50-question online test.	Do you love math? Are you willing to learn the conversion tables?
Medical Reading	Five books with a basis in health will be read. A test will be given where questions will require the students to apply, analyze, synthesize, and evaluate information from reading the assigned books. There are multiple choice and essay questions.	Do you like to read? Do you retain information?
Knowledge Tests • Human Growth and Development • Nutrition • Pathophysiology • Medical Law and Ethics • Pharmacology	These events are 100-item online tests. Competitors select one of the knowledge tests to take, study the area using the resources and following the event guidelines, and then take the test for competition.	Do you do well on tests? Do you like to study and learn the facts? Can you apply your knowledge to new information in order to figure out the answers?

### Health Professions Events

Event	What?	Who?
Biotechnology Clinical Nursing Clinical Specialty Dental Science Home Health Aide Medical Assisting Nursing Assisting *Personal Care	<p>These events involve both an online test and skill performance related to a specific health career. (With the exception of Clinical Specialty.) Competitors practice, practice, and practice until they are proficient in ALL the skills in the event guidelines.</p> <p>Round One is an online test. Round Two (skill round) competitors are posted online. During the actual skill event, competitors perform one or more of the skills in the guidelines.</p> <p>Skill events offer an excellent opportunity to</p>	<p>Do you plan to pursue a health career in any of the skill event areas?</p> <p>Are you willing to take the time to learn all the skills in the event guidelines?</p> <p>Are you willing to demonstrate your skills to one or more judges?</p> <p>Do you prefer to work alone?</p> <p>Can you apply your knowledge in a online</p>

Physical Therapy Sports Medicine Veterinary Science	extend classroom learning and to work directly with health professionals in your chosen career field.	test?
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## Emergency Preparedness Events

Event	What?	Who?
CERT Skills	Community Emergency Response Team includes skills needed to respond to their community's immediate needs in the aftermath of a disaster, when emergency services are not immediately available.	This 2-person team event will require you to use critical thinking skills in the scenario and will be timed and evaluated. Round One is an online test.
CPR/First Aid EMT	These skill events are for two-member teams who take an online test, then work together to demonstrate their skills in a simulated emergency situation.	Do you want to work with a partner? Do you want to become skilled in providing emergency care? Are you willing to study and practice the skills and knowledge outlined in the event guidelines?
*Life Support Skills	This event is similar to other skill events. It is designed for secondary HOSA members with special needs, and involves the demonstration of selected skills as described in the event guidelines.	Do you want to learn more about first aid? Do you like to compete against other HOSA members to prove your skills?
Epidemiology	This event is a written test and a case study relating to epidemiology – the study of the effects of health and disease in populations.	Do you like to figure out the why and how of people falling ill? Do you want to improve your scientific literacy? Do you want to learn more about public health careers?
MRC Partnership	This event is to encourage HOSA members and chapters to develop a partnership with the Medical Reserve Corps.	Do you like to develop relationships with adults involved in health care? Do you like to plan activities to promote HOSA and the Surgeon General's priorities? Do you want to learn more about the Medical Reserve Corps?
Public Health	This team event is to teach others about public health emergencies. Each year, a topic is selected for the public health emergency. The team develops a presentation to educate the public on the specific topic.	Do you like to speak in front of audiences? Do you like to present information to groups of people? Do you have a desire to learn more about public health?

## Leadership Events

Event	What?	Who?
Extemporaneous Speaking	You'll be given a secret health or HOSA related topic and will have 10 minutes to prepare a 5 minute speech. Judges will rate your speaking skills and how well you cover the "surprise" topic. You can practice this event by asking your friends, family, and HOSA advisor to make up secret topics for you.	Do you want to improve your public speaking skills? Can you express yourself clearly, distinctly, and with passion? Can you think on your feet? Are you daring enough to walk into the virtual unknown and turn it into a speech in 10 very quick minutes?
Researched Persuasive Speaking	This event allows you to take a stand, either for or against one of two selected topics. You'll research the topic to gather facts to support your opinion, write a paper, and then give a speech to a panel of judges.	Do you want to improve your public speaking skills? Can you use facts to support your opinion convincingly? Are you willing to write a paper that clearly takes a stand, and supports the issue at hand?
Extemporaneous Writing	Competitors are given a secret topic that is health related, and have one hour to write an essay on the topic.	Do you want to improve your writing skills? Can you express yourself clearly in writing? Do you have a general

		understanding of health related issues? Do you have neat handwriting?
Medical Photography	Competitors showcase photographs taken of different health science careers.	Do you like photography? Like to take pictures? Like to explore different health science careers?
Job Seeking Skills	In this event, competitors write a resume, fill out a job application, and then participate in a simulated job interview. Your resume must look professional. Your job application must be complete and very neatly done. Finally, you must be able to speak with knowledge and confidence in your interview.	Do you want to improve your ability to get a job? Do you have access to a computer and printer where you can create an impressive resume? Do you understand the role and responsibilities of someone in the job you are applying for? Do you have neat handwriting or good work processing skills?
Extemporaneous Health Poster	Competitors in this event create a visual display of a health career issue/topic using poster board and art supplies. The key focus is on the development of the secret topic (health issue) and the quality of information presented.	Do you like to express yourself creatively? Can you take information and illustrate that information? Can you work neatly and artistically?
*Interviewing Skills	This event includes filling out a job application and being interviewed by judges. It is for secondary HOSA members with special needs.	Do you want to improve your ability to get a job? Do you understand the role and responsibilities of someone I the job you are apply for?
*Speaking Skills	This event involves giving a prepared speech to a panel of judges. It is for secondary HOSA members with special needs.	Do you want to improve your public speaking skills? Can you express yourself clearly, distinctly, and with passion? Can you write a speech that is uniquely you and shows a deep understanding about HOSA?
Prepared Speaking	This event involves giving a prepared speech over the National HOSA theme to a panel of judges.	Do you want to improve your public speaking skills? Can you express yourself clearly, distinctly, and with passion? Can you write a speech that is uniquely you and shows a deep understanding about HOSA?
Healthy Lifestyle	This event involves choosing a lifestyle change and documenting that process. The event includes a Round One test and a notebook with documentation.	Is there a way you'd like to improve your lifestyle? Do you like learning about nutrition, exercise, healthy habits and disease prevention?

## Teamwork Events

Community Awareness	This is a community service event. Chapter members work within their community to select a health-related issue and then raise community awareness of that issue. The product of the project is a portfolio of activities and an audiovisual presentation that presents the project. The presentation will consist of 2-4 HOSA members.	Do you work well as a member of team? Will you carry out your responsibilities as part of the project? Would you like to present your ideas and activities in a creative and professional way (either by computer or by other, more traditional, means)? Do you truly desire to help your community by providing health information?
HOSA Bowl	Teams of 3-4 HOSA members take a 50-item multiple choice online test on HOSA knowledge, parliamentary procedure, medical knowledge and medical history. Teams that score high enough go on to play in a single elimination tournament by ringing a buzzer before the other team and correctly answering the most questions.	Do you work well as a member of a team? Do you like to study and memorize health care facts, HOSA information, and parliamentary procedure? Do you have quick recall under pressure?
Health Education	This event involves a team of 2-4 members who select a health-related concept or instructional objective, then prepare a lesson,	Do you work well as a member of a team? Do you like to teach others? Would you like to present your ideas and

	provide instruction, and evaluate results. The instruction must include the use of presentation tools such as a student-made video, computer demonstration software, slides, overhead transparencies, or any other form of media.	activities in a creative and professional way (either by computer or by other, more traditional, means)?
Parliamentary Procedure	In this event, teams of 5-8 members learn about parliamentary procedure. For competition, they take a 50-item online test. Then, after having 10 minutes to analyze a secret problem, they conduct a simulated business meeting, addressing the motions in the secret problem.	Do you work well as a team member? Will you study Robert's Rules of Order (Newly Revised) and learn how to conduct a business meeting? Do you think well on your feet?
Creative Problem Solving	Teams of 3-4 members will take an online test. Top-scoring teams will continue to the problem solving round where they are given a secret problem related to a health issue. They have 30 minutes to analyze the problem and then 10 minutes to present their solution to a panel of judges, who will ask questions about their solution and the problem.	Do you work well as a member of a team? Do you have good critical thinking and problem solving skills? Do you think well on your feet?
Biomedical Debate	This event will consist of a formal debate loosely following the Lincoln-Douglas debate format. The new topic of debate will be announced annually. The teams will consist of 3-4 members. Round One is an online test.	Do you like to debate? Do you like to collect information and organize data? Do you work well as a team member?
Career Health Display	Teams of two competitors shall develop a visual display of a specific career in health, or a cluster of careers, by using a variety of mediums.	Do you like to express yourself creatively and can concisely and expressively illustrate information? Do you work well as a team member?
Forensic Medicine	Tests and forensic medicine case studies—oh my! Try your hand at both in this event. Round One is an online test.	If you watch and are fascinated by the forensic experts on CSI and have a strong stomach, this event is for you!
Public Service Announcement	What do you have to say about health sciences? Partner with some friends and come up with ways to increase awareness or educate the general public on a healthcare issue or service.	Creative? Outgoing? Like promoting health topics? Interested in producing a DVD?

## Recognition

Event	What?	Who?
Outstanding HOSA Chapter	Chapters plan activities all year following the areas in the Outstanding HOSA Chapter guidelines, and then create a scrapbook that contains proof of those activities. The scrapbook is judged.	Is your chapter active and involved? Are you willing to take pictures and keep records of chapter activities? Are you willing to follow the event guidelines and do all the things an outstanding chapter is judged by?
National Recognition Portfolio	This event lets you learn about and practice in a variety of HOSA activities that build leadership and organizational skills.	Do you want to be the best HOSA member you can be?
National Service Project	Does your chapter want to learn more and do more for another Healthcare organization? Look for this year's service organization on the national website. All chapters who participate are recognized.	Do you want to make a difference for another organization and the people they serve?

Barbara James Service Award	This event provides recognition to individual HOSA members for outstanding volunteer service in their community. HOSA members fill out an application that describes their volunteer efforts, and are recognized for their achievements.	Do you want to make a difference in your community?
HOSA Happenings	Chapters are encouraged to submit their newsletters or websites for recognition at the national level, and for possible inclusion of chapter activities in the HOSA National Magazine.	Does your chapter have a newsletter or website? Well... send a copy to Colorado HOSA!
HOSA Week	HOSA chapters who identify volunteer activities in three goal areas that serve the school and community during HOSA Week will receive recognition for their contributions. These three goals are: 1) provide school or community service, 2) promote opportunities in health care, and 3) show appreciation to the health care community.	Did your chapter complete activities during HOSA Week? Do you want recognition for activities you did during HOSA Week?

Learn more about these events by visiting [www.hosa.org](http://www.hosa.org) or [www.indianahosa.org](http://www.indianahosa.org)

